

Milady's Boudoir

(BY GWEN SEARS.)

Do Not Overwork Your Eyes—Read Under a Good Light and Not Too Late at Night—Everyday Etiquette—Teach Your Children Refinement and Politeness—Beautiful Evening Dress Made of Dark Blue Satin—Attractive Shirtwaists on Mannish Lines—To Make a Ribbon Tray—Household Hints.



Gwen Sears.

ABUSING ONE'S EYES

Our most willing little servants are our eyes and it is their apparent destructibility that makes us care less of them. How many persons we see each day reading in the cars and trains, that jog along, each moment changing the quality of the light, thus causing the eyes the fatiguing strain of continuous focusing.

Nowadays glasses have been studied with a view to their becoming qualities as well as in regard to their power, but all the same it seems a pity to have to wear them before age demands it just because one has misused one's eyes, not so much from overwork, perhaps, as from work done under wrong conditions.

For instance, it is a mistake to read late at night or at other times when physically and mentally worn out. It is a great temptation to finish a book, even though the eyes are almost closed with sleep, but there is no better way to strain the eyes than to overwork them when they are languid for sleep.

The question of a good reading light cannot be too often brought to the attention, especially when the children are studying at home; it is more apt to be a poor light than the amount of lessons that tire the student's eyes, and if it is necessary for much reading to be done for school it is essential that story reading be cut out of leisure hours and less fatiguing games substituted when lessons are finished.

It seems very hard to a child to be torn away from a fascinating book and sent out to play, but it is much better than headaches and the worry and expense of glasses.

Then, too, at the first suspicion that the eyes are hard to focus or that they cannot do their usual work as well as formerly attention should be given them at once, and if they do not respond to a simple boric acid wash and still feel irritated or

strained it is advisable to consult an oculist, for even if glasses are not needed the longer the help is cut off the harder it is to effect a permanent cure. Like the dentist, it does not pay to put off the oculist.

EVERYDAY ETIQUETTE.

"What should a man reply when he is introduced to a young woman?" asked Roy.

"He may say, 'I am very happy to meet you, Miss White,' or 'How do you do Miss White,'" advised his father.

YOUR GIRLS AND BOYS.

As a mother is responsible for the health of her children, so also does she take a most important part in building their characters, and many people will profit or suffer through her influence.

The boy who is accustomed to treat his sister and mother with tender loving manners, will make an ideal husband, if he has been trained to open the door and allow ladies to pass out first, to raise his cap, or carry a parcel, etc. the seeds of politeness and refinement are sown.

Good manners stick through life, and are worth a very great deal. A brusque, boorish style is detrimental both socially and professionally. It is the atmosphere of home life during the growing years that affects the manners of boys and girls, and decides whether they go out in the world with pleasing or unpleasing ways.

HANDSOME EVENING DRESS MADE OF DARK BLUE SATIN

A charming evening model which has been much admired is made of dark blue satin in the high empire effect. The waist, or yoke it may be called as it is so short, is made of black velvet, cut in V shape, and an exquisite white lace collar was worn to finish it. The skirt, which was made of the satin, hung straight from the waist line and on each side was a wide, loose panel of black net embroidered in colored beads. The sleeves were very short, reaching only half way to the elbow, and were of the set-in style. At the edge of these was attached a long flowing sleeve of net, open in the front the entire length, and the back of the sleeves forming a deep point.

ATTRACTIVE SHIRTWAISTS.

Shirtwaists cut along mannish lines, severely simple in style, are having a tremendous vogue this season. They are particularly suitable to the business girl. These attractive models were seen recently. One was a finely striped silk, black and white being the color scheme of the shirtwaist. This was made with a high collar—a new idea of the season—which buttons up tightly to the throat. The other two blouses were of drab

handkerchief linen and showed a graceful shoulder line.

RIBBON TRAY.

To make a ribbon tray, take two oblong embroidery hoops, and cover them by winding with ribbon one-half of an inch wide. On the smaller hoop, sew a piece of Dresden silk; draw it tight, to form the bottom of the tray. Cover small pieces of wire or brass rings with the narrow ribbon to form handles, and place them in between the hoops. Finish with bows. For the legs of the tray, use four glass push pins.

HOUSEHOLD HINTS.

In making a birthday cake use a large, round granite pan. Place a buttered tumbler in the center and pour the batter in around the tumbler. The cake cooks perfectly without falling and the top is easily removed, leaving a large hole in the center. The glass can be left and filled with candy or flowers as a pleasant surprise. The raw taste in cakes is due to the absence of salt. Use a little in all of them.

French fried potatoes dipped in cornmeal before frying are delicious. To remove the smell of paint from a room leave in it overnight a pail of water with four or five sliced onions in it, shut up the room tight and in the morning the obnoxious smell will be gone.

The stars incline but do not compel.

Horoscope

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Saturday, March 6, 1915.

According to astrology this is not an altogether lucky day, for Uranus, Saturn and Mercury rule strongly for evil and the Sun, alone, is in benefic aspect.

The seers hold that selling under this configuration should be fairly fortunate. They give warning, however, that the rule is not auspicious for dealing in real estate.

Uranus is in a place believed to encourage fraud and deception in the sale of Partnerships and negotiations leading to contracts or agreements should be postponed.

The aspect is most forbidding for journeys by rail. An accident of extraordinary horror is prognosticated. Old persons are supposed to be peculiarly sensitive to the sinister way of Saturn. They may be exceedingly severe and unreasonable.

Late in the afternoon conditions are believed to be favorable for obtaining the interest and aid of persons in influential positions.

Religious crusades and church campaigns will mark the coming months. A revival of interest in matters pertaining to the spiritual side of life will be evident, but old time prejudices and intolerance may develop.

Educational matters will prosper astonishingly, the seers foretell. A college president will occupy a place of national prominence before the end of the year.

Strange and unusual scandals are prognosticated. These will be most numerous in the eastern part of the country.

Success and fame will accrue to a woman, who is prominent at the Panama-Pacific exposition. The forecast for the fair is good.

Marriage will multiply with the advance of the spring, and many prominent persons of middle age will wed the seers announce.

Music is to gain greatly in popularity in the United States within the next few years. There is an encouraging sign for all artistic professions.

Persons whose birthdate it is should not make any changes in the next year. Letters or contracts may cause them trouble, unless great care is exercised.

Children born on this day are likely to be ambitious and restless. Boys will succeed best in employment. These subjects of Places are usually exceedingly neat and orderly.

A statement issued by the French war office today said that the bombardment on Wednesday by a French aviator of a German powder magazine at Ratwill had been successful, the magazine taking fire.

DERELICT AIRSHIP FOUND IN NORTH SEA

Amsterdam, March 4.—A Dutch torpedo boat has brought to Nieuwed, Holland, a derelict aeroplane found in the North sea. The machine was a French motor, but the other fittings are British.

The British admiralty, in a statement issued on February 24, stated that four British aviators were missing after the recent attacks on Zeppelin. One of the four, Lieutenant Murray, was picked up by a Dutch torpedo boat, and taken to Holland. The others were Lieutenant Rigall, Lieutenant the Hon. Desmond Brien, half-brother of Baron Inchiquin and the brother-in-law of Guglielmo Marconi, and Sub-lieutenant Spencer.

UTAH TO RECEIVE LANDS IN EXCHANGE

Washington, March 4.—Final action was reached in the closing hours of congress on the bill which today became a law directing the secretary of the interior to issue patent to the state of Utah for 4197 acres of public land in exchange for a like quantity of school lands within the limits of the national forests. The lands to be patented to the state form part of the Moffat irrigation project to the Beaver County Irrigation company.

This exchange of lands by the state and federal government is in line with a policy looking to the concentration of the state school lands in the national forests into one group, to present many thousands of acres of school lands belonging to the state scattered about in the various national forests. Their administration in separate tracts is difficult and their value to the state is less than would be the case if all the tracts were combined by means of exchange agreements with the federal government.

The failure of the Indian appropriation bill and the passage of a resolution continuing the current Indian appropriations for the next fiscal year will give Utah Indians interest in the following appropriations. In addition to the usual sums for routine purposes, for support of detached Indians, \$10,000; for support of confederated

Doesn't this thought tempt you?

A fresh, sweet, cooking fat made of a vegetable oil which is as pure and healthful as the finest salad oil—skillfully combined with beef-stearine from the cleanest, sweetest, leaf beef suet. It is

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You do not experiment when you use it—we have been making it for over a quarter of a century.

You save money when you use it—you use one-third less than of any ordinary shortening or frying fat.

You make better food when you use it—its purity and high quality contribute deliciousness and digestibility to the food.

You get full value when you buy it—it is 100% cooking fat—no water and no salt in it, nothing but the finest qualities of a cotton seed oil so high in grade that it is not listed on the market, and of the richest, fresh leaf beef suet.

You get sureness of results with it—the instructions for its use are so simple that they take one or two lines of plain print on the label.

Tell your grocer you want a pail now; arrange with him for your regular weekly supply. Cottolene will be a necessity, an economy and a real help in your home.

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BOX ELDER COUNTY NEWS

Senators Smoot and Sutherland will remain here several weeks before returning to Utah. Both have been invited to join a congressional party which will visit Hawaii as guests of the territorial government of Hawaii during April and May.

WILL REORGANIZE WARD.

Brigham City, March 4.—The Bear River City ward of the Mormon church will be reorganized next Sunday, when ward conference will be held there. Prominent churchmen who will attend the conference are Apostle James E. Talmage of the quorum of the twelve apostles and President Oleen N. Stohl and L. A. Snow of Box Elder stake. At a ward conference to be held in Perry on the same date, President W. C. Horsley of this city and C. M. Jensen of Mantua will be the visitors.

OPENS NEW PLAYGROUND.

Brigham City, March 4.—A playground for the children of the Third ward has been fixed up on the church property adjoining the chapel. Tuesday and Wednesday a big force of men was put to work clearing the ground and leveling the same. The large plot will be thrown open to the public for athletics and outdoor sports.

AMERICAN LEGION.

San Francisco, March 4.—Veterans of the civil and Spanish-American wars living in California have started plans to co-operate with the American Legion, an organization formed by the committee named by President Merrill.

Entertainment—William E. Davis.

E. M. Tyson, W. L. Holst, A. L. Eddy, L. E. Duffin.

Theatre—Roy B. Young, W. F. Compton, N. C. Simonsen, J. E. Ryan, O. A. Whitaker, W. V. Call.

Water and electric lights—R. A. Madsen, J. W. Valentine, Joseph F. Hansen, D. W. Cummings, N. E. Mortensen.

Advertising and publicity—E. W. Dunn, John F. Erdmann, Victor E. Madsen, J. C. Jensen, John L. Pierce, Lawrence Jorgensen.

Admission and grievances—Roy B. Young, James Jensen, C. W. Knudson, W. E. Davis and Albert Hansen.

Finance and auditing—W. T. Davis, John E. Mathias, and W. L. Holst.

House and property—W. L. Holst, R. B. Young, C. W. Knudson, W. E. Davis and James Jensen.

Rules—Roy B. Young, John B. Mathias, James Jensen and W. T. Davis.

Club Committees.

Memberships—W. E. Davis, M. Rasmussen, Vance Tinsley, James E. Hansen and John B. Mathias.

Public improvements and parks—Sylvanus Iverson, T. W. Whitaker, Carl Isaacson, George A. Anderson, James Knudson.

Railroad and transportation—John C. Knudson, F. L. Scofield, J. D. Call, J. Scott Jensen and R. Kaiser.

Education—F. W. Fishburn, W. L. Eddy, Roy B. Young, W. T. Davis, Dr. A. L. Brown.

Manufacturing—D. Rosenbaum, B. C. Call, N. E. Mortensen, Dan Petersen, H. C. Day and J. C. Jensen.

Lands and irrigation—James Jensen, Ira W. Larsen, L. J. Anderson.

bands of Utes, \$53,740; for irrigation systems of Utes, \$10,000; for civilization of the Utes in Utah, \$300,000; furnishing seeds and agricultural implements to the Ute Indians in Utah, \$10,000.

Laws and legislation—W. J. Love, Harold C. Day, J. D. Peters, J. D. Call, C. O. Christensen and W. L. Harris.

Sanitation and public welfare—Dr. D. W. Henderson, Dr. R. A. Pearce, R. L. Fishburn, Jr., Wynn L. Eddy, W. T. Davis.

IN NEW YORK TO RAISE A RESERVE ARMY OF 300,000 VOLUNTEERS.

A committee named at a recent meeting of San Francisco and Oakland veterans sent a telegram today to Captain Gordon Johnston, U. S. A., whose name has been mentioned in connection with the new military movement in New York, advising him of the readiness of the California veterans to co-operate.

ANTWERP FINED BY THE GERMANS.

Amsterdam, via London, March 4, 3:42 p. m.—The municipality of Antwerp, according to the Handelsblad, has been fined 50,000 francs (\$10,000) by the German authorities because posters announcing the German East Prussian victory were damaged.

The population of Antwerp has been warned the newspaper adds, that if the inhabitants of houses situated near where posters are damaged, will be held responsible for the damage and severely punished.

Believing that the damages to the Utah Milling company's flour mill at Lincoln avenue and Twenty-fourth street, caused by the recent fire, are such that it will be necessary to rebuild the plant or to erect an entirely new building, President Harold Peery of the company, is considering the question of having the structure torn down and rebuilt on a new site.

According to a statement made yesterday, Mr. Peery has had this matter under consideration several days and anticipated putting it before the stockholders of the company in the near future.

THE ADJUSTMENT OF THE INSURANCE ON THE building has been virtually completed on a basis satisfactory to the owners and temporary repairs have been made, but the damage to the machinery has been one of the causes for the consideration of the question of rebuilding.

Other reasons given for the proposition are that the mill property is in a fast growing mercantile district and a change of location would give the

Best for Sore Throat, Bronchitis, Croup, Stiff Neck, Asthma, Neuralgia, Congestion, Pleurisy, Rheumatism, Lumbago, All Pains and Aches of the Back or Joints, Sprains, Sore Muscles, Bruises, Chills, Frosted Feet, Colds of the Chest (it often prevents Pneumonia).

At your druggist's, in 25c and 50c jars, and a special large hospital size for \$2.50.

Be sure you get the genuine MUSTEROLE. Refuse imitations—get what you ask for. The Musterole Company, Cleveland, Ohio.



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TAKING IT ALL.

"Before I agree to undertake your defense," said the eminent criminal lawyer, "you will have to tell me the whole truth. Did you embezzle the \$100,000 you are accused of having taken?"

"Yes, sir," replied the accused man. "I'll not attempt to conceal the fact from you. I stole every cent of it."

"How much of it have you still?" "It's all gone but a couple of dollars."

"Young man," said the eminent lawyer, buttoning his coat about him and putting on his gloves, "you had better plead guilty and throw yourself on the mercy of the court."

"All right if you say so, sir. What are you going to charge me for the advice?"

"Two dollars"—Ladies' Home.

Better Than Calomel

Thousands Have Discovered Dr. Edwards' Olive Tablets are a Harmless Substitute

Dr. Edwards' Olive Tablets—the substitute for calomel—are a mild but sure laxative, and their effect on the liver is almost instantaneous. They are the result of Dr. Edwards' determination not to treat liver and bowel complaints with calomel. His efforts to banish it brought out these little olive-colored tablets.

These pleasant little tablets do the good that calomel does but have no bad after effects. They don't injure the teeth like strong liquids or calomel. They take hold of the trouble and quickly correct it. Why cure the liver at some expense of the teeth? Calomel sometimes plays havoc with the gums. So do strong liquids.

It is best not to take calomel, but to let Dr. Edwards' Olive Tablets take its place.

Most headaches, "dullness" and that lazy feeling come from constipation and a disordered liver. Take Dr. Edwards' Olive Tablets when you feel "lousy" and "heavy." Note how they "perk up" the spirits. At 10c and 25c per box. All druggists.

The Olive Tablet Company, Columbus, O.—Advertisement.

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4% Interest Paid on Savings Accounts.

The DOCTOR'S ADVICE

by Dr. Lewis Baker

The questions answered below are general in character, the symptoms or diseases are given and the answers will apply in any case of similar nature.

Those wishing further advice free may address Dr. Lewis Baker, College Bldg., College-Building, Dayton, Ohio, enclosing self-addressed stamped envelope for reply. Full name and address must be given, but only initials or fictitious name will be used in my answers. The prescriptions can be filled at any well-stocked drug store. No drugist can order of wholesaler.

M. R. writes: "I have suffered with dyspepsia, or nervous indigestion more or less for years, and I want you to prescribe treatment for me. My symptoms are the usual ones, such as pain and distress after eating, sour stomach, headache, heart-burn and pain in region of heart, or sometimes diarrhea, coated tongue, bad breath and a score more. Am miserable in a word."

Answer: Your case is chronic, but by careful diet and the regular use of an acid and ferment should soon become normal state. Obtain a packet of "double four stomach and bowel medicine" of a druggist. With it are directions. This is the newest and best treatment I know of.

C. J. R. asks: "Can I safely reduce my weight, and how?"

Answer: Go to a well-stocked druggist and obtain five-grain carbonyl tablets in sealed tubes with complete directions. Take as directed, and you should soon feel the results you desire. Many of my patients report rapid results without any harmful action whatever.

Ellen J. asks: "Tell me, please, how I can increase my weight and improve my color. I seem to be anemic, weak and tired all the time."

Answer: Begin taking three-grain hypophosphite tablets with your meals and soon you will feel your strength returning and gradually your weight and color will improve. This is a most effective remedy if persistently used.

J. W. W. asks: "Can you prescribe a reliable treatment to get rid of dandruff, itching and feverish scalp?"

Answer: I know you can get instant relief and permanent results by using plain yellow mercurio as per directions which accompany each 4-oz. jar.

"Morris" asks: "I have suffered with a chronic cough for almost a year, and catch a fresh cold every few weeks. Nothing the doctor gives me helps, so I write to you."

Answer: You need a thorough laxative cough syrup, one that not only relieves but surely drives it from the system. The following regularly used will cure any curable cough or cold promptly: Obtain a 2½ oz. bottle of essence mentho-laxative, mix it with a home-made sugar syrup or honey as per directions on bottle.

Miss "Stranger" asks: "I am in a weakened condition due to a long siege of catarrhal trouble. Briefly I have Pelvic Catarrh (leucorrhea) and catarrh of the nose and throat. What local treatment is good for a cure?"

Answer: I am quite sure that antiseptic Vaseline Powder is the most prompt and effective treatment that one can possibly use. Full directions accompany either two or eight ounce packages. Do not neglect catarrhal trouble.—Advertisement.



Mrs. Belle C. writes: "I am informed that I have kidney trouble and that it is fast approaching a serious stage. What would you prescribe?"

Answer: If your symptoms are the usual ones, such as puffing of the eyes, swelling ankles, scanty, copious or foul-smelling urine, accompanied by headaches, pain, depression, fever, chills, etc., I would advise the immediate use of balmwort tablets, a very fine remedy for such difficulties, sold in sealed tubes with full directions for self-administration.

James J. asks: "For several months I have not been feeling well. My skin is sallow, my tongue is coated, have headaches, am sleepless, nervous and bothered with chronic constipation. Please help me."

Answer: You need a laxative blood cleansing treatment in the form of three-grain sulphur tablets (not sulphur). Overcome the tendency to constipation and gradually your good health and pure blood will return.

"Poor Nerves" writes: "Is it possible to find a medicine which by its tonic or nutritive powers will bring the glow of health and ambition back to a man who has everything in the world but health and happiness? I am dull, forgetful, dependent, weak, trembling, short of breath and suffer more or less with pain in spine and back of head."

Answer: Your condition indicates the need of a strong, harmless tonic nutritive to restore nerve equilibrium, which in turn fortifies and strengthens the organs of nutrition, thus vitalizing the blood and promoting new cell and tissue to take care of the waste force. Three-grain cadomene tablets, packed in sealed tubes with full directions, are recommended in all such cases.

"D. E. G." writes: "My rheumatism is getting worse all the time. I am getting so stiff that it makes it very hard for me to get around."

Answer: Do not worry about your rheumatism, as that can be very easily controlled by using the following: Get at the drugstore the ingredients named mix thoroughly and take a teaspoonful at meal time and again at bedtime and you should soon be entirely relieved of that disagreeable disease, rheumatism. Purchase 2 drams of iodide of potassium; ½ oz. of wine of colchicum; 4 drams of sodium salicylate; 1 oz. comp. fluid balsam of syrup sarsaparilla. This has satisfied thousands and I am sure it will